

# ACTIVITY 1

Watch the video. Using the pictures below decide which habits are **good** or **bad** for our health.

## HEALTHY OR UNHEALTHY?



# ACTIVITY 2

## SHOULD OR SHOULDN'T ?

My friend Hilda wants to change her daily habits.

She wants my advice. Let's help her !!



I love to eat fast food and drink sodas!

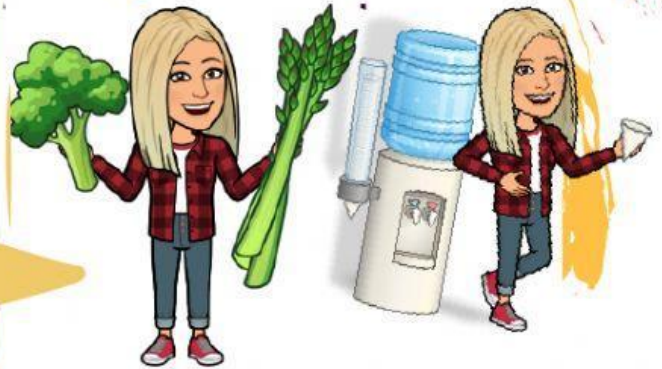


You eat more fruits and vegetables !

You limit your salt intake.

You consume unhealthy fats, like butter or margarine.

You drink too much soda!  
You consume a lot of water.



I use my mobile phone all day!

You use the mobile phone for long periods of time.  
You walk more.



I spend a lot of time in bed.



You practise sports.

You go out with friends more often.

